



# What To Expect When You Set Boundaries

Preparing For Your Journey

# Boundaries Hub Activities

## Journal Prompts

- What do I hope to achieve or change through setting these boundaries?
- What do I want my relationships to look and feel like?
- Why am I going through this process? What's the point?
- How do I want to feel after moving through this process?

## Guided Meditation

- Boundary Setting  
Visualization  
Recording

## Blog

- What to Expect When You Start Setting Boundaries



# Expect the Mess



# Guilt & Fear



## **Guilt**

Guilt is rooted in internalized messages around "shoulds."



## **Fear**

Setting boundaries frequently leads to fears of conflict, confrontation, or loss of relationships.



## **Love**

Meet your guilt and fear with self-compassion and loving support.

# Grief and Loss

- We can grieve the loss of an idea or a hope.
- We may lose something in our minds, but we gain a relationship with ourselves.
- Give yourself permission to feel all of your feelings.

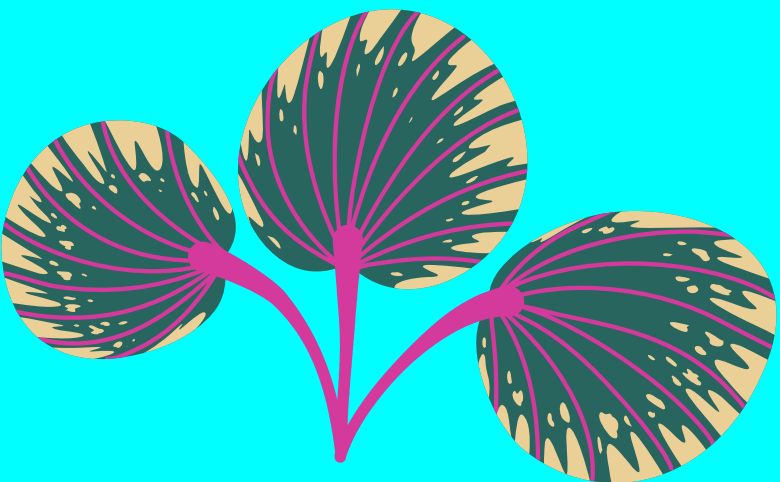


# What to Expect in Your Relationships

- Lack of understanding or surprise
- Changes in relationships and shifting roles
- Boundary testing, protests, tantrums, and gaslighting



**Boundaries are not about creating barriers. They are about growing safe, authentic connections that are healthy for everyone.**



# Lack of Understanding or Surprise

- Change is uncomfortable.
- You're allowed to change your mind.
- Others are responsible for managing their own discomfort.





# Changes in Relationships & Shifting Roles



- Change is part of the point of setting boundaries.
- Giving up roles can be hard.
- You are more than your roles.
- The truth is always loving.

# Boundary Testing, Protests, Tantrums & Gaslighting

- Tantrums are a reaction to frustration.
- People don't like not getting their way.
- Your reality is valid.
- Hold firm, and be consistent.



# The Plus Side



- Self-respect and empowerment
- More time and energy
- Clarity
- Stronger connections
- Permanent positive change

# Forgiveness

- Moving out of the drama triangle.
- Safety creates space.
- Doesn't need to feel pressured - may arrive spontaneously



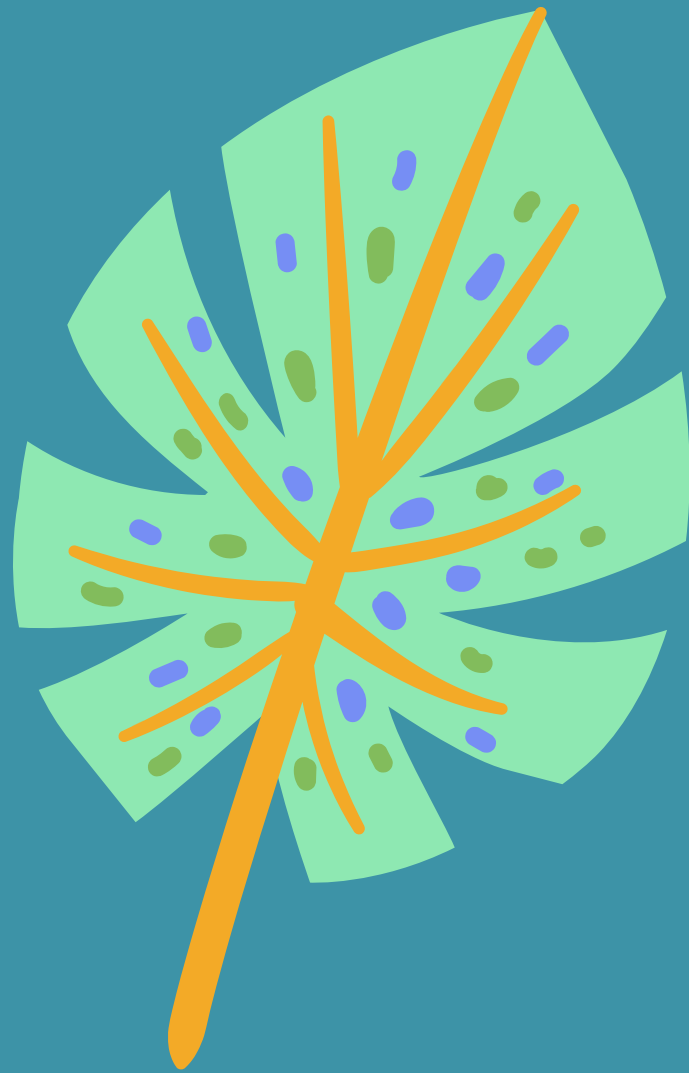


# **Review**

What you learned today

- **Expecting the mess**
- **Guilt and fear**
- **Pushback and protests**
- **Changes in roles and relationships**
- **Lots of good stuff too :)**

# What's Next?



- Observe what happens when you start setting boundaries, and see if it matches up.
- Tap into resources in the Boundaries Hub.
- Seek support.
- Stick with it!



**See you soon!**

